



Support Health, Wealth & Social Change

Mission & Vision

Founded in 2011 by three women, Appetite For Change (AFC) is a community led nonprofit that uses food as a tool to build health, wealth, and social change in North Minneapolis and beyond.

In just 10 years, we have gone from a start-up organization with an operating budget of less than \$25,000 to a \$4 million organization that has employed hundreds of people, and improved the lives of thousands. AFC has become a food justice leader in North Minneapolis, the State of Minnesota and even globally.

Systemic barriers make accessing fresh food on the Northside a challenge for many, distancing younger generations from food growing and preparation practices. Our programs bring community members together to engage with food in ways that strengthen the local economy, nourish generational knowledge, and strengthen social connection.

Legacy Support | Community Cooks

In 2021 AFC received \$150,000 in Legacy Funds to support Community Cooks programming which aimed to help community members reconnect with their ancestral ways of producing and preparing nutritious, culturally relevant, and locally grown foods. With this support AFC was able to pivot from our in-person cooking workshops, to provide virtual ways for community to share, preserve and expand their cultural heritage around growing and cooking food. Our videos are in the finishing stages and soon the Northside Stories video series will be public.

For FY23 and FY24 Appetite For Change is requesting \$250,000 to support Community Cooks programming including the Community Cooks podcast and in-person workshops for youth, families and pregnant women/new moms. Based on the learnings from the Northside Stories video series, AFC knows that we can reach more people with our food culture and heritage stories through a podcast format rather than video. Bringing back in-person Community Cooks after 3yrs will become a reality with this support, allowing hands-on cultural exchange face-to-face.

Core Programs:

- Community Cooks Workshops
- Urban Agriculture
- Youth Training and Opportunities Program
- Northside Fresh
- Breaking Bread Cafe & Catering
- West Broadway Farmers Market
- Station 81 Drink & Eatery

Appetite For Change

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Executive Summary

Our Programs

Community Cooks | Free weekly cooking workshops designed for youth, families, and mothers. Participants prepare and eat delicious meals together, learn about nutrition, and engage in group discussion about social change. **Community Cooks Meal Boxes** brings the workshop to participants' doors, delivering locally-sourced ingredients, fresh recipes, and cooking tips to more than 400 households every week.

» afcmn.org/mealbox

Urban Agriculture | Our seven urban farm sites offer space for community members and youth to connect with the land and their food. We grow over 10,000 pounds of chemical-free produce annually, supplying our cafe, meal boxes, farmers market, and other local vendors with fresh fruits and vegetables.

Youth Training & Opportunities Program | Youth engage in peer-led activities that aid in the development of leadership, organizing, and advocacy skills. Training takes place in the kitchen, garden, classroom, and even the music studio.

Networks & Coalitions | AFC has been the backbone organization for Northside Fresh Coalition, a place-based group of community members and organizations working together for food justice in North Minneapolis. Also, the Metro Food Justice Network, an emerging cross-sector collaborative group of organizations and individuals working across the 7-county metro area on food systems change; building more sustainable and scalable solutions together.

» mfjn.org

Our Food Ventures

Breaking Bread Cafe & Catering | A fast-casual neighborhood eatery, the cafe brings an affordable and nourishing restaurant option to North Minneapolis. With from-scratch and plant-based options, the menu celebrates the culinary legacy of Black Americans. Full service catering is available across Minnesota with customizable menus for events of any size.

» breakingbreadfoods.com

West Broadway Farmers Market | A diverse community-led space offering fresh produce, local food, and arts from the Northside as an alternative to conventional food access points in North Minneapolis.

» afcmn.org/wbfm

Station 81 Drink & Eatery | A restaurant and bar with private dining space in downtown St. Paul. This social enterprise offers commuters, residents, and office workers alike local, affordable, and chef-driven food options inside the historic Union Depot. Every meal enjoyed at Station 81 directly supports AFC's mission.